





Get creative in the kitchen. Take control of your family's health. Be a Champion for Change.

A Champion for Change is someone who makes healthy changes for their family. And Dairy Council® of Arizona and Arizona WIC teamed up to find all kinds of new ways to do just that. With this recipe book we created for WIC clients, you'll get quick and easy recipe ideas that include WIC foods from the new, improved WIC Food Package. The Food Package had been the same for 30 years, and it was time for a fresh change. The new Food Package features more nutritious foods than ever, and offers more choices for growing families. All of the WIC foods can be part of your family's healthy meals. Each recipe in this book was submitted by a WIC participant, local WIC staff, students, and the general public, and meets either the Fruits and Veggies — More Matters or the 3-A-Day of Dairy nutrient guidelines. We hope you'll enjoy the changes in the WIC Food Package. And we hope this recipe book makes it easier for more Arizona moms like you to become Champions for Change.

Additional ways to be a Champion for Change in your family:

- Cook together. Eat together. Talk together. Make meal time a family time.
- Offer your children new foods.
- Kids can be picky and don't always like new foods right away. Try offering new fruits and veggies several times.
- Help your kids grow strong bones and healthy bodies. Serve fat free or 1% low fat milk at meals.
- Be a good role model. Make sure your kids see you eating healthy foods including plenty of whole grains, fruits, vegetables and 3 servings of low fat or fat free milk, cheese or yogurt every day.



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HEALTHY MAIN DISHES

CHEESY CHICKEN CRUNCHERS

Makes 6 servings

Prep time: 30 minutes

Cook time: 25 minutes

Ingredients:

1 cup all-purpose flour

Salt and pepper

4 egg whites

½ cup 2% reduced fat milk

1½ cups cornflakes

1 cup reduced fat cheddar cheese, shredded

Non-stick cooking spray

6 chicken breast filets, cut into strips

Directions:

- 1) Preheat oven to 375°.
- 2) Set up three bowls with the following:
 - 1) flour mixed with a pinch of salt and pepper;
 - 2) egg wash, made by beating the egg whites and milk together;
 - 3) cornflakes mixed with cheese.
- 3) Coat a 13x9 baking pan with non-stick cooking spray.
- 4) Dip chicken pieces in flour, then into the egg wash, then roll in the cheesy flakes mix.
- 5) Coat the entire piece of chicken and place in baking pan.
- 6) Discard unused cornflake mixture after coating chicken.
- 7) Bake 25 minutes, turning halfway through to ensure even browning.
- 8) Serve with ketchup or barbeque sauce if desired.

Submitted by: Chef Jon Ashton

Nutrition Facts per serving: Calories: 320; Total Fat: 8 g; Saturated Fat: 4 g; Cholesterol: 90 mg; Sodium: 320 mg; Calcium: 20% Daily Value; Protein: 37 g; Carbohydrates: 24 g; Dietary Fiber: 1 g

BASIL BUTTERNUT SQUASH SOUP

Makes 4 servings
Prep time: 15 minutes
Cook time: 60 minutes

- Ingredients:**
- 1 onion, chopped
 - 1 butternut squash, peeled and chopped
 - Salt to taste
 - ½ teaspoon nutmeg
 - 2 Tablespoons olive oil
 - 4 cups water
 - 1 teaspoon basil, finely chopped
 - ¼ cup low fat plain yogurt

- Directions:**
- 1) Preheat oven to 400°.
 - 2) Place onion, butternut squash, salt, nutmeg and olive oil in a baking dish.
 - 3) Add ½ cup water.
 - 4) Cover with foil and bake at 400° until squash is soft (about 45-60 minutes).
 - 5) Blend additional water and baked vegetables in small batches in the food processor.
 - 6) Add more water if needed to adjust consistency.
 - 7) Stir in basil and pour into bowls.
 - 8) Add one Tablespoon of yogurt to each bowl.

Submitted by: Nina Luscombe

Nutrition Facts per serving: Calories: 120; Total Fat: 9 g; Saturated Fat: 2 g; Cholesterol: 5 mg; Sodium: 450 mg; Calcium: 4% Daily Value; Protein: 1 g; Carbohydrates: 10 g; Dietary Fiber: 2 g

SPICY HALLOWEEN CHILI

Makes 8 servings
Prep time: 30 minutes
Cook time: 1 hour 30 minutes

- Ingredients:**
- 1 pound extra lean ground beef
 - ½ pound ground pork
 - 2 onions, chopped
 - 1 bell pepper, chopped
 - 5 jalapeños, minced
 - 2 garlic cloves, minced
 - 1½ green chile peppers, chopped
 - 1 teaspoon garlic salt
 - 1½ teaspoons ground cumin
 - 6 Tablespoons chili pepper powder
 - 2 Tablespoons red pepper flakes
 - 24 ounces fat free unsalted beef broth
 - 20 ounces unsalted tomato sauce
 - 3 ounces unsalted tomato paste
 - 48 ounces low sodium vegetable juice
 - 16 ounces diced unsalted canned tomatoes
 - 2 cans chili beans, rinsed and smashed
 - 1 can kidney beans, rinsed and smashed

- Directions:**
- 1) Brown beef, pork and onion over medium heat.
 - 2) When meat is browned, stir in remaining ingredients.
 - 3) Reduce heat to low and simmer for 45-60 minutes, stirring occasionally.
 - 4) Serve chili and garnish with sour cream, onions and cheddar cheese.

Submitted by: Amanda Deavila, Basha High School

Nutrition Facts per serving: Calories: 400; Total Fat: 10 g; Saturated Fat: 35 g; Cholesterol: 50 mg; Sodium: 470 mg; Calcium: 15% Daily Value; Protein: 32 g; Carbohydrates: 50 g; Dietary Fiber: 20 g



SPICY MAC & CHEESE

Makes 8 servings

Prep time: 20 minutes

Cook time: 30-40 minutes

Ingredients:

2 Tablespoons canola oil

½ white onion, chopped

3 garlic cloves, minced

¼ teaspoon red pepper flakes

2½ cups 2% reduced fat milk

⅓ cup all-purpose flour

1 cup fat free cheddar cheese, shredded

3 ounces Colby and Monterey Jack reduced fat cheese, shredded

1 pound Semolina macaroni, cooked

¼ cup plain bread crumbs

Directions:

1) Heat a large skillet to medium-high heat. Place 2 Tablespoons of oil in skillet.

2) Place onion, garlic, and red pepper flakes in skillet and cook for 3-5 minutes.

3) Take out onion, garlic and red pepper mixture and transfer to a plate.

4) Preheat oven to 375°.

5) Put the same skillet back on stove (medium heat). Pour milk and flour in the pan.

6) Mix milk and flour over medium heat for 10 minutes until thick.

7) Take off heat and add both cheeses, mixing until cheese has melted.

8) Put onion, garlic and red pepper mix in the same skillet with the cheese and milk.

9) Add a bit of salt and pepper to the skillet. Add cooked macaroni to the skillet, slowly incorporating pasta.

10) Transfer to a glass dish and top with unseasoned bread crumbs.

11) Bake for 30 minutes on 375° and then broil for 3 minutes. Let mac and cheese sit for 5-7 minutes before serving.

Submitted by: Shama Hanif

Nutrition Facts per serving: Calories: 365; Total Fat: 8 g; Saturated Fat: 3 g; Cholesterol: 15 mg; Sodium: 250 mg; Calcium: 40% Daily Value; Protein: 18 g; Carbohydrates: 53 g; Dietary Fiber: 2 g

LATIN MEATBALLS WITH VEGETABLE WARMTH

Makes 8 serving

Prep time: 25 minutes

Cook time: 45 minutes

Ingredients:

Meatballs:

2 pounds ground beef
1 small onion, chopped
1 teaspoon garlic powder
1 Tablespoon dry sweet bay leaves
1 teaspoon salt
¼ teaspoon black pepper

Rice:

1 box parboiled white rice

Sauce:

2 Tablespoons olive oil
1 large red onion, chopped
3 garlic cloves, minced
3 summer squash, cut into quarters with seeds removed
4 stalks celery, chopped
1 can (14½ ounces) unsalted tomato sauce
3 roma tomatoes, diced
2½ cups precooked or canned black beans
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon chili powder

Directions:

- 1) In a large bowl, mix all meatball ingredients and form 16 meatballs of equal size.
- 2) In a large skillet, brown the meatballs draining any excess fat that accumulates.
- 3) Set meatballs aside. Using the same skillet, add the olive oil and sauté the onion until brown.
- 4) Add in the garlic, summer squash and celery allowing them to cook for 3 minutes.
- 5) Add all remaining sauce ingredients and meatballs and allow to simmer for 30 minutes.
- 6) Cook rice according to directions on box.
- 7) Serve 2 meatballs and sauce over ½ cup cooked white rice.

Submitted by: Nils Barnes

Nutrition Facts per serving: Calories: 400; Total Fat: 9 g; Saturated Fat: 2.5 g; Cholesterol: 60 mg; Sodium: 560 mg; Calcium: 8% Daily Value; Protein: 32 g; Carbohydrates: 50 g; Dietary Fiber: 9 g



BBQ RANCH QUESADILLA WEDGES

Makes 8 servings
Prep time: 10 minutes
Cook time: 15 minutes

- Ingredients:**
- 1 bag (16 ounces) frozen pepper stir-fry blend
 - ¼ cup barbeque sauce
 - ½ cup light ranch dressing
 - 1 Tablespoon butter, softened
 - 8 (8-inch) flour tortillas
 - 1 cup prepared barbeque shredded beef
 - ¾ cup mild cheddar cheese, shredded

- Directions:**
- 1) Prepare stir-fry pepper blend according to package directions.
 - 2) Mix barbeque sauce and ranch dressing and set aside.
 - 3) Spread butter evenly on 1 side of each tortilla.
 - 4) Layer barbeque beef, stir-fry blend and cheese evenly on unbuttered side of 4 tortillas and cover with remaining tortillas, butter side up.
 - 5) Grill each quesadilla in large skillet over medium heat for 3 minutes on each side or until golden brown and cheese melts.
 - 6) Cut into wedges and serve with barbeque ranch dipping sauce.

Submitted by: Borden Cheese, Inc.
Nutrition Facts per serving: Calories: 340; Total Fat: 15 g; Saturated Fat: 6 g; Cholesterol: 35 mg;
9 Sodium: 720 mg; Calcium: 20% Daily Value; Protein: 15 g; Carbohydrates: 37 g; Dietary Fiber: 3 g

TRIPLE PEPPER PIZZA SQUARES

Makes 10 servings
Prep time: 15 minutes
Cook time: 18 minutes

- Ingredients:**
- 1 can (13.8 ounces) refrigerated pizza dough
 - 1 cup fat free ricotta cheese
 - 2 cups (8 ounces) part-skim mozzarella cheese, shredded
 - 3 roma tomatoes, thinly sliced
 - ½ cup yellow pepper, diced
 - ½ cup green pepper, diced
 - ½ cup red pepper, diced
 - 1 teaspoon oregano
 - 2 Tablespoons parsley, chopped

- Directions:**
- 1) Preheat oven to 400°.
 - 2) Press pizza dough into 15x10 jelly roll pan.
 - 3) Bake for 12 minutes; remove from oven and spread ricotta cheese over crust.
 - 4) Top with mozzarella, tomatoes, peppers and oregano.
 - 5) Return to oven and bake 6 minutes or until cheese is melted.
 - 6) Sprinkle with parsley and cut into squares and serve.

Submitted by: Roxanne LeVac, Dairy Council of Arizona
Nutrition Facts per serving: Calories: 170; Total Fat: 6 g; Saturated Fat: 3 g; Cholesterol: 15 mg;
Sodium: 280 mg; Calcium: 25% Daily Value; Protein: 12 g; Carbohydrates: 19 g; Dietary Fiber: 1 g

CHICKEN AND SPINACH ENCHILADAS

Makes 6 servings
Prep time: 20 minutes
Cook time: 50 minutes

- Ingredients:**
- | | |
|------------------------------------------|------------------------------------|
| ½ pound chicken breast | ¼ teaspoon salt |
| 10 ounces frozen chopped spinach, thawed | ½ cup fat free milk |
| 8 ounces nonfat sour cream | 8 ounces green diced chile peppers |
| 1 cup plain nonfat yogurt | 6 corn tortillas |
| 2 Tablespoons flour | 1 cup low sodium cheddar cheese |
| 1 teaspoon ground cumin | |

- Directions:**
- 1) Boil chicken in sauce pan.
 - 2) Reduce heat, cover and simmer for 15 minutes or until chicken is no longer pink.
 - 3) Let cool. Once cool, shred chicken with fork.
 - 4) Preheat oven to 350°.
 - 5) In a large bowl, combine chicken and spinach. Set aside.
 - 6) In a medium bowl, combine sour cream, yogurt, flour, cumin and salt.
 - 7) Mix in milk and chile peppers.
 - 8) Pour half of this mix into the bowl with chicken and spinach.
 - 9) Fill the tortillas with this mix, roll up and place in large 2 quart baking dish, seam down.
 - 10) Cover tortillas with other half of sauce and bake at 350° for 25 minutes.
 - 11) Add cheese and continue to bake until cheese is melted.

Submitted by: Sarah Gillis
Nutrition Facts per serving: Calories: 440; Total Fat: 12 g; Saturated Fat: 5 g; Cholesterol: 25 mg; Sodium: 610 mg; Calcium: 35% Daily Value; Protein: 21 g; Carbohydrates: 58 g; Dietary Fiber: 4 g



SPICY CHICKEN CURRY

Makes 4 servings

Prep time: 10 minutes

Cook time: 50 minutes

Ingredients:

2 Tablespoons extra virgin olive oil

8 skinless chicken legs

1 white onion, chopped

1 bell pepper, chopped

1 cup 1% low fat milk

1 cup plain low fat yogurt

½ Tablespoon red chili pepper flakes

½ Tablespoon salt

1 Tablespoon paprika

½ Tablespoon ground cumin

½ Tablespoon garlic, minced

½ Tablespoon fresh minced ginger or ½ teaspoon ground ginger

Directions:

1) Heat large skillet to high heat. Add oil.

2) Place chicken, onion and green pepper in hot skillet and cook for 3-4 minutes until chicken is no longer pink on the outside and is lightly seared. Put chicken, onion and bell pepper mixture onto plate.

3) Using the same unrinsed skillet, pour milk and yogurt into the pan.

4) Mix in all spices. Cook for 5 minutes and add chicken, onion and bell peppers back into pan.

5) Add just enough water to cover the chicken.

6) Cook 30 minutes with lid on and 10 minutes with lid off.

7) Mixture should have thickened and chicken should fall off bone.

Submitted by: Shama Hanif

Nutrition Facts per serving: Calories: 470; Total Fat: 19 g; Saturated Fat: 4.5 g; Cholesterol: 215 mg; Sodium: 600 mg; Calcium: 25% Daily Value; Protein: 58 g; Carbohydrates: 12 g; Dietary Fiber: 2 g

BREAKFAST BREAD PUDDING

Makes 9 servings
Prep time: 20 minutes
Cook time: 50 minutes

- Ingredients:**
- | | |
|----------------------------|-----------------------------|
| 7 slices whole wheat bread | ¼ cup white sugar |
| 5 whole eggs | 1 teaspoon vanilla |
| 2 egg whites | Dash salt |
| 5 cups 1% low fat milk | 1 Tablespoon cinnamon sugar |
| ¼ cup brown sugar | |

- Directions:**
- 1) Preheat oven to 375°.
 - 2) Spray 8-inch round pan with cooking spray.
 - 3) Tear bread into 1-inch pieces and place in pan.
 - 4) In separate bowl, slightly beat eggs.
 - 5) Add remaining ingredients (except cinnamon sugar) and stir to mix.
 - 6) Pour mixture over bread pieces in pan.
 - 7) Push bread down into mixture with back of spoon to coat well.
 - 8) Sprinkle cinnamon sugar over top to cover.
 - 9) Bake for 50 minutes and serve warm or cold.

Submitted by: Margaret Toale
Nutrition Facts per serving: Calories: 190; Total Fat: 4.5 g; Saturated Fat: 1.5 g; Cholesterol: 30 mg;
13 Sodium: 290 mg; Calcium: 15% Daily Value; Protein: 10 g; Carbohydrates: 26 g; Dietary Fiber: 2 g

EASY CHEESY CHICKEN ENCHILADAS WITH YOGURT SAUCE

Makes 8 servings
Prep time: 10 minutes
Cook time: 15 minutes

- Ingredients:**
- 1 package (3 ounces) cream cheese
 - 2 cups cooked chicken breast, chopped
 - 12 ounces chunky salsa
 - 1 cup Mexican-blend cheese, shredded
 - 8 (6-inch) flour tortillas
 - 2 cups low fat plain yogurt
 - 1 cup cilantro, chopped
 - 1 teaspoon ground cumin

- Directions:**
- 1) Preheat oven to 350°.
 - 2) Heat cream cheese in large skillet over medium heat until soft.
 - 3) Stir in chicken and ½ cup of the salsa and mix well.
 - 4) Add ½ cup shredded cheese and stir until melted.
 - 5) Spoon about ⅓ cup of the chicken mixture onto each tortilla and roll up.
 - 6) Place seam side down in 12x8 baking dish.
 - 7) Top with remaining salsa and cheese.
 - 8) Bake at 350° for about 15 minutes or until heated through.
 - 9) Combine yogurt, cilantro and cumin in a bowl. Serve enchiladas with yogurt sauce.

Submitted by: www.3aday.org
Nutrition Facts per serving: Calories: 290; Total Fat: 13 g; Saturated Fat: 6 g; Cholesterol: 60 mg;
Sodium: 700 mg; Calcium: 25% Daily Value; Protein: 21 g; Carbohydrates: 21 g; Dietary Fiber: 1 g

GOURMET GRILLED CHEESE

Makes 1 serving
Prep time: 10 minutes
Cook time: 5 minutes

- Ingredients:**
- ½ cup vegetables (try thinly sliced red bell peppers, red onions, zucchini or asparagus spears)
 - 1 teaspoon fat free Italian dressing
 - 1 slice low fat cheddar cheese
 - 2 slices of whole wheat bread

- Directions:**
- 1) Marinate ½ cup of vegetables in 1 teaspoon of Italian dressing.
 - 2) Grill vegetables on outdoor grill or roast at 350° in the oven until soft.
 - 3) Place cheese on bread.
 - 4) Top with grilled veggies.
 - 5) Top with the other piece of bread.
 - 6) Grill sandwich in a hot skillet or Panini grill.

Submitted by: Elyse May, Desert Vista High School
Nutrition Facts per serving: Calories: 220; Total Fat: 4.5 g; Saturated Fat: 1.5 g; Cholesterol: 5 mg;
Sodium: 570 mg; Calcium: 15% Daily Value; Protein: 14g; Carbohydrates: 34 g; Dietary Fiber: 6 g

HEALTHY EGG SANDWICH

Makes 1 serving
Prep time: 5 minutes
Cook time: 10 minutes

- Ingredients:**
- ½ Tablespoon canola oil
 - 1 cup total of chopped white onion, diced green pepper and chopped mushrooms mixed together
 - 1 large raw egg
 - 1 whole wheat English muffin
 - 1 piece of nonfat American cheese

- Directions:**
- 1) In a skillet heat oil on medium-high heat.
 - 2) Put in onion, green pepper and mushroom mixture.
 - 3) Sauté for a few minutes until vegetables soften.
 - 4) Add beaten egg to the skillet and turn the heat to medium.
 - 5) Let egg set for a minute or two.
 - 6) Fold egg in half and then again in half forming a triangular shape.
 - 7) Take out and place on toasted half of English muffin.
 - 8) Add cheese slice on top of the egg and then cover with other half of English muffin.

Submitted by: Shama Hanif
Nutrition Facts per serving: Calories: 340; Total Fat: 13 g; Saturated Fat: 2.5 g; Cholesterol: 220 mg;
Sodium: 660 mg; Calcium: 35% Daily Value; Protein: 18 g; Carbohydrates: 39 g; Dietary Fiber: 7 g

RED VELVET OMELETTE

Makes 3 servings
Prep time: 10 minutes
Cook time: 10 minutes

- Ingredients:**
- 1 whole large egg
 - 9 large egg whites
 - ½ cup 2% reduced fat milk
 - ¼ cup tomato juice
 - 2 carrots, chopped
 - 1 cup red bell peppers, chopped
 - 1 cup mozzarella cheese, shredded

- Directions:**
- 1) In a large bowl, whisk the whole egg, egg whites, milk and tomato juice until thoroughly and evenly mixed.
 - 2) In the same bowl, mix in the carrots, red bell peppers and ½ cup of cheese to the mixture.
 - 3) Pour mixture into a large non-stick pan and cook over medium heat until bottom is cooked and firm.
 - 4) Fold omelette in half, allowing omelette to fully cook.
 - 5) When finished, cut omelette into 3 even sections and top with remaining ½ cup of cheese.

Submitted by: Jade Abbot, Red Mountain High School

Nutrition Facts per serving: Calories: 190; Total Fat: 4 g; Saturated Fat: 2 g; Cholesterol: 80 mg; Sodium: 580 mg; Calcium: 20% Daily Value; Protein: 25 g; Carbohydrates: 11 g; Dietary Fiber: 2 g

SOUTHWESTERN SKILLET

Makes 4 servings
Prep time: 10 minutes
Cook time: 15-20 minutes

- Ingredients:**
- 1 Tablespoon olive oil
 - 1½ cups green bell peppers, chopped
 - 3 garlic cloves, chopped
 - ½ can (7 ounces) diced tomatoes and green chiles
 - 2 cups unsalted canned black beans
 - 1¼ cup water
 - 2 cups cooked brown rice
 - ¼ cup cilantro, chopped
 - ½ cup Colby jack cheese, shredded

- Directions:**
- 1) Coat the bottom of a large non-stick pan with olive oil.
 - 2) Cook the green bell peppers and garlic over high heat for 1-2 minutes.
 - 3) Add tomatoes, chiles, beans and water. Mix well and bring ingredients to a boil.
 - 4) Cook until the water has evaporated and then reduce the heat to a medium-low heat.
 - 5) Stir in the rice and cilantro.
 - 6) Cook for 3 minutes.
 - 7) Remove from heat, top with cheese and serve.

Submitted by: Harriet Allen

Nutrition Facts per serving: Calories: 320; Total Fat: 8 g; Saturated Fat: 3 g; Cholesterol: 15mg; Sodium: 330 mg; Calcium: 20% Daily Value; Protein: 14 g; Carbohydrates: 48 g; Dietary Fiber: 10 g

WHITE LIGHTNING CHILI

Makes 6 servings
Prep time: 20 minutes
Cook time: 35 minutes

- Ingredients:**
- 1Tablespoon extra virgin olive oil
 - 2 pounds ground turkey
 - 1 medium onion, chopped
 - 2 garlic cloves, minced
 - 2Tablespoons ground cumin
 - ¼ teaspoon hot sauce
 - ½ cup cilantro, chopped
 - 1 jalapeño, minced
 - 12 ounces low sodium chicken broth
 - 2 cups precooked or canned white beans

- Directions:**
- 1) Heat oil in deep skillet over medium heat.
 - 2) Add turkey and cook for a couple of minutes, keep meat moving.
 - 3) Add onions, garlic, cumin, hot sauce, cilantro and jalapeño.
 - 4) Cook 5 minutes.
 - 5) Add broth and beans.
 - 6) Bring to a boil.
 - 7) Reduce heat and simmer until ready to serve.

Submitted by: Harriet Allen

Nutrition Facts per serving: Calories: 440; Total Fat: 6 g; Saturated Fat: .5 g; Cholesterol: 60 mg; Sodium: 370 mg; Calcium: 15% Daily Value; Protein: 54 g; Carbohydrates: 48 g; Dietary Fiber: 19 g

VEGETABLE-CHEESE SOUP

Makes 6 servings
Prep time: 10 minutes
Cook time: 30 minutes

- Ingredients:**
- 1 onion
 - 2 cups of carrots, grated
 - 5 cups 99% fat free chicken broth
 - 3 green chile peppers, chopped
 - 3 large zucchini, chopped
 - 16 ounces fresh spinach
 - 2 cups fat free milk
 - ¼ cup all-purpose flour
 - ¾ cup Monterey Jack cheese, shredded

- Directions:**
- 1) Combine onions, carrots, and broth in a large saucepan and bring to a boil.
 - 2) Reduce heat, cover and simmer until vegetables are tender.
 - 3) Add chile pepper, zucchini and spinach.
 - 4) Cover and simmer until all vegetables are tender.
 - 5) Shake ½ cup of milk and the flour in a small jar until smooth.
 - 6) Stir into simmering soup, along with remaining milk.
 - 7) Cook, stirring constantly until bubbly and slightly thickened.
 - 8) Stir in cheese and cook over low heat, stirring until cheese melts.

Submitted by: Harriet Allen

Nutrition Facts per serving: Calories: 170; Total Fat: 5 g; Saturated Fat: 3 g; Cholesterol: 15 mg; Sodium: 700 mg; Calcium: 30% Daily Value; Protein: 13 g; Carbohydrates: 23 g; Dietary Fiber: 6 g

HEARTY BREAKFAST QUICHE

Makes 4 servings

Prep time: 20 minutes

Cook time: 35 minutes

Ingredients:

3 eggs

3 egg whites

¾ cup 1% low fat milk

Cooking spray

¼ cup red onion, chopped

3 cups broccoli

1 cup spinach

2 carrots, shredded

½ cup red bell peppers, diced

1 cup fat free cheddar cheese, shredded

Directions:

1) Preheat oven to 375°.

2) Mix eggs and milk.

3) Heat a large oven-proof skillet to medium-high heat, spray cooking spray into skillet.

4) Place red onion, broccoli, spinach and carrots in skillet and cook for 3-5 minutes.

5) Pour egg mixture in and cook until eggs have set before placing into oven.

6) Place pan into oven for 30 minutes or until center of quiche comes out clean when inserted with knife.

7) When quiche is done, remove pan from oven and top with cheddar cheese.

8) Place back into oven until cheese is melted.

Submitted by: Shama Hanif



BROCCOLI AND ALMOND SALAD

Makes 8 servings
Prep time: 10 minutes
Cook time: no cooking required

Ingredients:
Salad:
4 cups raw broccoli florets
4 Tablespoons dried cranberries
2 Tablespoons slivered almonds
2 Tablespoons onions, finely diced
½ cup Monterey Jack cheese, shredded

Dressing:
2 Tablespoons light mayonnaise
1 Tablespoon red wine vinegar
1 Tablespoon sugar
½ teaspoon salt
¼ teaspoon ground black pepper

Directions:
1) Mix dressing ingredients in medium sized bowl until creamy.
2) Add salad ingredients to the dressing and stir until well coated.

Submitted by: Elyse May, Desert Vista High School
Nutrition Facts per serving: Calories: 60; Total Fat: 4 g; Saturated Fat: 1.5 g; Cholesterol: 10 mg;
19 Sodium: 230 mg; Calcium: 6% Daily Value; Protein: 2 g; Carbohydrates: 6 g; Dietary Fiber: 1 g

BROCCOLI TACOS

Makes 4 servings
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients:
1 Tablespoon vegetable oil
4 corn tortillas
2 cups broccoli florets
1 cup cheddar cheese, shredded
Salt and pepper

Directions:
1) Drizzle oil in skillet over medium-high heat.
2) Cook tortillas in skillet until lightly browned and slightly crispy but still soft enough to fold.
3) Steam broccoli in a steamer or pan of boiling water with a lid until desired softness.
4) Assemble tacos by placing ½ cup cooked broccoli in each tortilla, sprinkle with cheddar cheese.
5) Salt and pepper to taste.

Submitted by: Karrie Garzelloni
Nutrition Facts per serving: Calories: 200; Total Fat: 7 g; Saturated Fat: 2.5 g; Cholesterol: 10 mg;
Sodium: 500 mg; Calcium: 25% Daily Value; Protein: 19 g; Carbohydrates: 16 g; Dietary Fiber: 5 g

CHEESY RED POTATOES WITH FRESH HERBS

Makes 4 servings
Prep time: 10 minutes
Cook time: 30 minutes

Ingredients:
2 pounds red potatoes, cut in half
1 cup cheddar cheese, shredded
⅓ cup nonfat vegetable or chicken broth
1 Tablespoon parsley, finely chopped
1 Tablespoon rosemary, finely chopped
1 Tablespoon chives, finely chopped

Directions:
1) Preheat oven to 450°.
2) Spray baking dish with cooking spray or rub with softened butter.
3) Place potatoes in a dish.
4) Spread cheese evenly over potatoes.
5) Pour broth over top and sprinkle with herbs.
6) Bake 20-30 minutes until potatoes are cooked through.

Submitted by: Barbara Brandon
Nutrition Facts per serving: Calories: 210; Total Fat: 0 g; Saturated Fat: 0 g; Cholesterol: 5 mg;
Sodium: 320 mg; Calcium: 25% Daily Value; Protein: 12 g; Carbohydrates: 43 g; Dietary Fiber: 3 g

CHEESY LENTILS AND RICE

Makes 4 servings
Prep time: 6-8 hours
Cook time: 30 minutes

Ingredients:
1 cup lentil beans
1 cup brown rice
1 cup fat free cheddar cheese, shredded
1 teaspoon chili powder

Directions:
1) Heat 2 cups of water to a simmer.
2) Add 1 cup of lentils and 1 cup of rice to the pot.
3) Remove from heat. Cover and let sit for 6-8 hours.
4) In a colander, drain water from lentils and rice and put them back into the pot.
5) Add 2 cups of water.
6) Heat to a boil on high for 20 minutes.
7) Put lentils and rice back into the colander, drain thoroughly.
8) Pour lentils and rice into a large bowl.
9) Mix cheese and chili powder into the lentils.

Submitted by: Paul Urbon, Red Mountain High School
Nutrition Facts per serving: Calories: 150; Total Fat: .5 g; Saturated Fat: 0 g; Cholesterol: 5 mg;
Sodium: 280 mg; Calcium: 25% Daily Value; Protein: 14 g; Carbohydrates: 22 g; Dietary Fiber: 6 g

ANTIPASTO SALAD

Makes 8 servings
Prep time: 10 minutes
Cook time: 20 minutes plus overnight refrigeration

Ingredients:
1 cauliflower, in small florets
4 large carrots, thinly sliced
2 green peppers, diced
1 cup black olives
2½ cups rotini pasta

Dressing:
½ cup extra virgin olive oil
¼ cup cider vinegar
2 garlic cloves, minced
1 Tablespoon sugar
½ cup water
Salt and pepper

Directions:
1) In large bowl toss together cauliflower, carrots, green peppers and olives.
2) Cook rotini in large pot of boiling water about 8-10 minutes, drain and rinse.
3) Combine oil, vinegar, garlic, sugar and water; adding salt and pepper to taste.
4) Pour all but ½ cup of dressing over salad, tossing to mix; reserve remaining dressing.
5) Cover and refrigerate overnight.
6) Just before serving taste and readjust seasonings and add remaining dressing if necessary.

Submitted by: Karli Jensen
Nutrition Facts per serving: Calories: 240; Total Fat: 16 g; Saturated Fat: 2 g; Cholesterol: 0 mg; Sodium: 170 mg; Calcium: 4% Daily Value; Protein: 3 g; Carbohydrates: 20 g; Dietary Fiber: 2 g

EASY STUFFED CHILES

Makes 4 servings
Prep time: 10 minutes
Cook time: 25 minutes

Ingredients:
8 Tablespoons light cream cheese
2 boneless/skinless cooked chicken breasts, shredded
1 teaspoon chili powder
¼ cup chicken broth
8 long chiles (Anaheim works best)
1 cup light Mexican cheese, shredded

Directions:
1) Mix together light cream cheese, shredded chicken, chili powder and chicken broth.
2) Cut a slit into chiles lengthwise but not all the way through.
3) Stuff chicken mixture into chiles.
4) Place in baking dish.
5) Bake for 20 minutes at 350°.
6) Cover each chile with 2 teaspoons of Mexican cheese.
7) Bake for another 5 minutes.
8) Let cool for 5 minutes before serving.

Submitted by: Shama Hanif
Nutrition Facts per serving: Calories: 240; Total Fat: 13 g; Saturated Fat: 7 g; Cholesterol: 30 mg; Sodium: 550 mg; Calcium: 30% Daily Value; Protein: 16 g; Carbohydrates: 16 g; Dietary Fiber: 4 g

EGG NOODLES

Makes 4 servings
Prep time: 10 minutes
Cook time: 20 minutes

Ingredients:
1 box (8 ounces) whole grain pasta
2 eggs
Pinch of salt
¼ cup cheddar cheese, shredded

Directions:
1) Cook pasta according to directions on box.
2) Pour noodles back into pot and heat on low.
3) Crack the eggs into the pot.
4) Stir the noodles until eggs are scrambled.
5) Pour in cheese and pinch of salt.
6) Let cool for a few minutes and serve.

Submitted by: Michelle Dastrup
Nutrition Facts per serving: Calories: 320; Total Fat: 8 g; Saturated Fat: 3.5 g; Cholesterol: 120 mg; Sodium: 360 mg; Calcium: 25% Daily Value; Protein: 18 g; Carbohydrates: 44 g; Dietary Fiber: 5 g

CHEESY BEANS

Makes 6 servings
Prep time: overnight
Cook time: 4 hours 20 minutes

Ingredients:
3 cups pinto beans
4 cups Colby jack cheese, shredded
1 carrot, shredded
Handful of tortilla chips, crushed

Directions:
1) Soak beans overnight.
2) Cook beans in pot of water until soft (about 4 hours) and drain.
3) Preheat oven to 350°.
4) Add the beans, cheese, carrots and a handful of tortilla chips into a 9x9 pan.
5) Bake for 15-20 minutes.

Submitted by: Shay Carson, Red Mountain High School
Nutrition Facts per serving: Calories: 450; Total Fat: 14 g; Saturated Fat: 7 g; Cholesterol: 35 mg; Sodium: 23 450 mg; Calcium: 40% Daily Value; Protein: 22 g; Carbohydrates: 61 g ; Dietary Fiber: 13 g

CHEESE QUESADILLAS

Makes 2 servings
Prep time: 5 minutes
Cook time: 5 minutes

Ingredients:
⅓ cup Monterey Jack cheese, shredded
⅓ cup fat free cheddar cheese, shredded
¼ cup red onion, chopped
½ cup green bell pepper, chopped
4 (8-inch) flour tortillas

Directions:
1) Place cheese, onion and bell pepper on a tortilla.
2) Place another tortilla on top.
3) Heat a large sauté pan over high heat.
4) Spray pan with cooking spray and lower to medium heat.
5) Place quesadilla in the pan and cook until golden brown.
6) Repeat with the other quesadilla.

Submitted by: Nicole De Pugh, Emily Vandruff; Payson High School
Nutrition Facts per serving: Calories: 400; Total Fat: 12 g; Saturated Fat: 3.5 g; Cholesterol: 20 mg; Sodium: 570 mg; Calcium: 30% Daily Value; Protein: 19 g; Carbohydrates: 49 g; Dietary Fiber: 5 g

COLORFUL APPLE SALAD

Makes 4 servings
Prep time: 10 minutes
Cook time: no cooking required

Ingredients:
3 medium red or green apples, diced
1 medium carrot, grated
1-2 stalks celery, sliced
1 can (8 ounces) crushed pineapple in its own juice
2 Tablespoons orange juice concentrate

Directions:
1) Combine all ingredients in large bowl.

Submitted by: Stacy Merrill
Nutrition Facts per serving: Calories: 120; Total Fat: 0 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 40 mg; Calcium: 2% Daily Value; Protein: 1 g; Carbohydrates: 29 g; Dietary Fiber: 4 g

DESERT DIP

Makes 12 servings
Prep time: 1 hour 10 minutes
Cook time: no cooking required

Ingredients:
15 ounces canned black beans, drained and rinsed
15 ounces white corn, drained
2 tomatoes, chopped
½ red onion, diced
2 Tablespoons cilantro, finely chopped
1 avocado, diced
1 jalapeño, finely chopped
½ red bell pepper, diced
1 Tablespoon lime juice
1 teaspoon salt
1 teaspoon garlic powder

Directions:
1) Combine all ingredients in large bowl.
2) Refrigerate one hour before serving.

Submitted by: Elyse May, Desert Vista High School
Nutrition Facts per serving: Calories: 200; Total Fat: 4.5 g; Saturated Fat: .5 g; Cholesterol: 0 mg; Sodium: 320 mg; Calcium: 2% Daily Value; Protein: 6 g; Carbohydrates: 36 g; Dietary Fiber: 4 g 24

HEALTHY BEAN AND BACON SOUP

Makes 10 servings
Prep time: overnight
Cook time: 1 hour 10 minutes

Ingredients:
1 cup navy beans
6 cups water
5 slices turkey bacon, diced
1 medium onion, chopped
1 cup potatoes, diced
1 cup celery, diced
1 cup carrots, shredded
1 can (19 ounces) diced tomatoes
1½ cups 1% low fat milk
2 Tablespoons flour

Directions:
1) Soak beans overnight.
2) Sauté bacon and onion.
3) Add bacon and onion to the beans (do not drain beans).
4) Add 6 more cups water.
5) Simmer 1 hour.
6) Add vegetables and cook until tender.
7) Add flour and milk.
8) Let simmer for 5-10 minutes.

Submitted by: Michelle Gomez, Payson High School
Nutrition Facts per serving: Calories: 120; Total Fat: 3.5 g; Saturated Fat: 1 g; Cholesterol: 15 mg;
25 Sodium: 470 mg; Calcium: 8% Daily Value; Protein: 6 g; Carbohydrates: 16 g; Dietary Fiber: 2 g

ROASTED ROOTS

Makes 6 servings
Prep time: 20 minutes
Cook time: 2 hours

Ingredients:
3 medium baking potatoes (skins left on, cut into ½-inch cubes)
2 medium sweet potatoes (skins left on, cut into ½-inch cubes)
½ pound baby carrots
2 yellow onions, cut in eighths
2 Tablespoons olive oil
1 Tablespoon dried parsley
½ teaspoon salt
½ teaspoon black pepper

Directions:
1) Preheat oven to 450°.
2) Place potatoes, baby carrots and onions in large sandwich bag (or regular plastic bag).
3) Add olive oil, parsley, salt and pepper to vegetables in bag.
4) Seal bag and shake until all vegetables are coated.
5) Spread vegetables evenly on large cookie sheet and roast for 40-60 minutes, turning vegetables once or twice.
6) Cook until vegetables are tender on the inside and potatoes are slightly crisp on the outside.

Submitted by: Elyse May, Desert Vista High School
Nutrition Facts per serving: Calories: 270; Total Fat: 4.5 g; Saturated Fat: .5 g; Cholesterol: 0 mg;
Sodium: 250 mg; Calcium: 4% Daily Value; Protein: 5 g; Carbohydrates: 54 g; Dietary Fiber: 7 g

CHICKEN ENCHILADA SOUP

Makes 6 servings
Prep time: overnight
Cook time: 2 hours

Ingredients:
1 package (16 ounces) white beans
½ Tablespoon canola oil
1 cup onion
2 garlic cloves, minced
1 teaspoon cumin
1 can (28 ounces) diced, unsalted tomatoes

1 can (14 ounces) chicken broth
6 ounces unsalted tomato sauce
1 can (4 ounces) diced green chiles
2 Tablespoons cilantro, chopped
2 teaspoons oregano
2 cups chicken, cooked and chopped
1 cup Colby jack cheese, shredded, plus more for garnish
4 whole wheat tortillas

Directions:
1) Soak beans overnight to soften.
2) Heat oil in large pot.
3) Sauté onion, garlic and cumin until softened.
4) Add drained beans, drained tomatoes and chicken broth. Heat to boil.
5) Reduce heat and cook covered on low heat for about an hour.
6) Puree mixture with a hand blender or carefully puree batches in blender and return to pot.
7) Stir in tomato sauce, chiles, cilantro, oregano and chicken. Simmer 15 minutes.
8) To make tortilla strips, stack tortillas and cut in half. Then cut into thin strips. Spread strips on baking sheet and bake at 350° for 15 minutes, tossing frequently.
9) When ready to serve, stir in 1 cup cheese until melted. Garnish with remaining cheese and tortilla strips.

Submitted by: Harriet Allen
Nutrition Facts per serving: Calories: 480; Total Fat: 10 g; Saturated Fat: 3.45 g; Cholesterol: 25 mg; Sodium: 460 mg; Calcium: 30% Daily Value; Protein: 27 g; Carbohydrates: 69 g ; Dietary Fiber: 8 g



VEGETARIAN THREE BEAN CHILI

Makes 10 servings

Prep time: 20 minutes plus overnight soaking

Cook time: 20 minutes

Ingredients:

½ cup pinto beans
½ cup kidney beans
½ cup black beans
2 Tablespoons olive oil
1 green bell pepper, chopped
½ onion, chopped
2 carrots, shredded
46 ounces tomato juice
5 Tablespoons chili powder
3 Tablespoons garlic powder
1 Tablespoon cumin powder
Salt and pepper to taste

Directions:

- 1) Soak and cook beans according to the package directions.
- 2) Drain the water and set beans aside.
- 3) Sauté vegetables in sauce pan with olive oil until golden brown.
- 4) Add beans and vegetables into a soup pot, add the tomato juice and stir together.
- 5) Add all spices.
- 6) Cook 10-15 minutes.

Submitted by: Kayla Renee Lambkins, Red Mountain High School

Nutrition Facts per serving: Calories: 110; Total Fat: 3.5 g; Saturated Fat: .5 g; Cholesterol: 0 mg; Sodium: 540 mg; Calcium: 4% Daily Value; Protein: 4 g; Carbohydrates: 17 g; Dietary Fiber: 5 g

YUMMY GOODNESS

Makes 2 servings
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients:
4 large eggs
3 string cheese sticks
2 corn tortillas

Directions:
1) Warm the pan on the top of the stove.
2) Coat the bottom of the pan with cooking spray.
3) Tear up the tortillas.
4) Put the tortillas in the oil and let them cook.
5) Crack the eggs on top of the corn tortillas and scramble.
6) Pull apart string cheese and put on top of scrambled eggs.

Submitted by: Paul Noriega, Red Mountain High School
Nutrition Facts per serving: Calories: 270; Total Fat: 12 g; Saturated Fat: 4.5 g; Cholesterol: 440 mg;
29 Sodium: 470 mg; Calcium: 35% Daily Value; Protein: 25 g; Carbohydrates: 15 g; Dietary Fiber: 2 g

ZUCCHINI PARMESAN

Makes 6 servings
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients:
1 garlic clove, minced
1 Tablespoon olive oil
4 medium zucchini, cut into ¼-inch slices
1 can Italian diced tomatoes, undrained
¼ teaspoon pepper
¼ cup parmesan cheese, grated

Directions:
1) In a large skillet, sauté garlic in oil.
2) Add zucchini, cook and stir for 4-5 minutes or until crisp.
3) Stir in tomatoes and pepper.
4) Simmer uncovered for 9-10 minutes, until liquid is absorbed.
5) Sprinkle with parmesan cheese.
6) Serve with a slotted spoon.

Submitted by: Joan Chiarello
Nutrition Facts per serving: Calories: 90; Total Fat: 4 g; Saturated Fat: 1.5 g; Cholesterol: 5 mg;
Sodium: 270 mg; Calcium: 10% Daily Value; Protein: 5 g; Carbohydrates: 10 g; Dietary Fiber: 3 g

CHEESY BEANS AND RICE

Makes 4 servings
Prep time: overnight
Cook time: 4 hours

Ingredients:
1 cup black beans
1 cup pinto beans
1½ cups brown rice
¾ cup mozzarella cheese, shredded

Directions:
1) Soak beans overnight to soften.
2) Cook beans as directed on package.
3) Cook rice as directed on package.
4) When beans are done, mix in a separate bowl with rice.
5) Stir in cheese until melted.

Submitted by: Samm Schmuki, Red Mountain High School
Nutrition Facts per serving: Calories: 240; Total Fat: 2.5 g; Saturated Fat: 1 g; Cholesterol: 5 mg;
Sodium: 170 mg; Calcium: 10% Daily Value; Protein: 16 g; Carbohydrates: 39 g; Dietary Fiber: 9 g

RUSTIC TOMATO TART

Makes 4 serving
Prep time: 10 minutes
Cook time: 30 minutes

Ingredients:
1 refrigerated pie crust
2 cups mozzarella cheese, shredded
2 cups tomatoes, chopped
10 basil leaves, thinly sliced

Directions:
1) Preheat oven to 400°.
2) Unfold pie crust and place on baking sheet.
3) Sprinkle 2-3 Tablespoons of cheese onto the crust.
4) In a bowl, toss together tomatoes and basil.
5) Drain any excess liquid then dump tomato/basil mixture into the center of the pie crust.
6) Sprinkle remaining cheese on top.
7) Fold the edges of the pie crust and pinch slightly.
8) Bake for 20-30 minutes or until crust is golden brown and cheese has melted.

Submitted by: Elyse May, Desert Vista High School
Nutrition Facts per serving: Calories: 280; Total Fat: 14 g; Saturated Fat: 3.5 g; Cholesterol: 10 mg;
Sodium: 650 mg; Calcium: 20% Daily Value; Protein: 18 g; Carbohydrates: 21 g; Dietary Fiber: 1 g



TUNA CROQUETTES

Makes 4 servings

Prep time: 20 minutes

Cook time: 20 minutes

Ingredients:

2 cans (6 ounces each) no salt added light tuna in water, drained

1½ cups carrots, grated

¾ cup celery, diced

2 eggs

¼ teaspoon salt-free seasoning

1 cup cornflakes cereal

Directions:

1) Preheat oven to 350°.

2) In large bowl combine tuna, grated carrots, celery, eggs and seasoning.

3) Form into 4 patties.

4) Place cornflakes in plastic bag and crunch.

5) Coat patties with crunched cornflakes.

6) Bake patties in oven for 15 minutes or until golden brown.

Submitted by: Taniesha Leach

Nutrition Facts per serving: Calories: 180; Total Fat: 3 g; Saturated Fat: 1 g; Cholesterol: 135 mg; Sodium: 410 mg; Calcium: 4% Daily Value; Protein: 26 g; Carbohydrates: 11 g; Dietary Fiber: 2 g

DON'T EGG ME ON YOU SPICY TUNA

Makes 6 serving

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients:

2 cans (12 ounces) tuna, in water
6 hardboiled eggs, discard 3 of the yokes
1 cup plain low fat yogurt
6 Tablespoons mustard
1 can (6 ounces) diced green chiles
½ head of cabbage
1 package (12 ounces) whole wheat pasta, cooked
¼ cup grated parmesan cheese

Directions:

- 1) Preheat oven to 375°.
- 2) Drain water from tuna.
- 3) Combine tuna, hardboiled eggs, yogurt, mustard, green chiles and chopped cabbage in large bowl.
- 4) Add pasta and mix.
- 5) Serve as a cold salad or put in baking dish and cover with parmesan cheese.
- 6) Bake in oven for 30 minutes.

Submitted by: Lulu LaFever

Nutrition Facts per serving: Calories: 250; Total Fat: 6 g; Saturated Fat: 2.5 g; Cholesterol: 150 mg;

33 Sodium: 460 mg; Calcium: 20% Daily Value; Protein: 26 g; Carbohydrates: 19 g; Dietary Fiber: 3 g

GARLICKY BEANS

Makes 4 serving

Prep time: overnight

Cook time: 20 minutes

Ingredients:

1 package (16 ounces) white beans
1 Tablespoon olive oil
1 cup red onion, chopped
⅛ teaspoon crushed red pepper flakes
4 garlic cloves
2 bay leaves
1 Tablespoon balsamic vinegar

Directions:

- 1) Cook beans according to package.
- 2) Heat oil in large skillet and sauté onion until soft.
- 3) Add red pepper flakes, garlic and bay leaves; sauté for 3 minutes.
- 4) Stir in beans (do not drain) and cook for 3 more minutes.
- 5) Stir in vinegar.
- 6) Discard bay leaves and serve in bowls.

Submitted by: Elyse May, Desert Vista High School

Nutrition Facts per serving: Calories: 140; Total Fat: 4 g; Saturated Fat: .5 g; Cholesterol: 0 mg;

Sodium: 410 mg; Calcium: 8% Daily Value; Protein: 7 g; Carbohydrates: 24 g; Dietary Fiber: 7 g



HEALTHY SNACKS

3 FRUIT SMOOTHIE

Makes 2 servings
Prep time: 5 minutes
Cook time: no cooking required

Ingredients:
½ cup frozen pineapple juice
½ cup frozen orange juice
2 cups 2% reduced fat milk
1 banana

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Forrest Gorman, Red Mountain High School
Nutrition Facts per serving: Calories: 340; Total Fat: 5 g; Saturated Fat: 3 g; Cholesterol: 25 mg;
35 Sodium: 140 mg; Calcium: 50% Daily Value; Protein: 13 g; Carbohydrates: 63 g; Dietary Fiber: 2 g

BANANA CRUNCH

Makes 2 servings
Prep time: 10 minutes
Cook time: 30 minutes

Ingredients:
1 banana
1 Tablespoon peanut butter
2 Tablespoons toasted oat cereal
2 wooden craft sticks

Directions:
1) Peel and cut banana in half and insert a wooden craft stick in each half.
2) Scoop peanut butter into a microwave-safe bowl and heat in the microwave for 10 seconds.
3) Dip the banana in the softened peanut butter and roll in the cereal.
4) Chill in the freezer for 30 minutes.

Submitted by: Domini Caldwell
Nutrition Facts per serving: Calories: 110; Total Fat: 4.5 g; Saturated Fat: 1 g; Cholesterol: 0 mg;
Sodium: 50 mg; Calcium: 2% Daily Value; Protein: 3 g; Carbohydrates: 16 g; Dietary Fiber: 2 g

MONKEY SHAKE

Makes 4 servings
Prep time: 3 minutes
Cook time: no cooking required

Ingredients:
2½ cups cold 2% reduced fat milk
1 banana
1 package instant sugar free, fat free chocolate pudding
2 cups ice

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Michelle Gomez, Payson High School
Nutrition Facts per serving: Calories: 150; Total Fat: 3 g; Saturated Fat: 2 g; Cholesterol: 15 mg; Sodium: 390 mg; Calcium: 30% Daily Value; Protein: 8 g; Carbohydrates: 23 g; Dietary Fiber: 2 g

MIXED BERRY SMOOTHIE

Makes 2 servings
Prep time: 5 minutes
Cook time: no cooking required

- Ingredients:**
1 cup frozen strawberries, blueberries and/or raspberries
1 banana
2 cups low fat plain or vanilla yogurt
¾ cups pineapple-mango juice

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Karrie Garzelloni
Nutrition Facts per serving: Calories: 260; Total Fat: 3.5 g; Saturated Fat: 2.5 g; Cholesterol: 20 mg;
37 Sodium: 180 mg; Calcium: 45% Daily Value; Protein: 12 g; Carbohydrates: 45 g; Dietary Fiber: 4 g

FROTHY CHILLY
FRUIT SMOOTHIE

Makes 4 servings
Prep time: 5 minutes
Cook time: no cooking required

- Ingredients:**
2 bananas
2 cups frozen sliced strawberries
1 cup frozen sliced peaches
2 cups strawberry-banana low fat yogurt
2 cups fat free milk

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Karli Jensen
Nutrition Facts per serving: Calories: 210; Total Fat: 1 g; Saturated Fat: 0 g; Cholesterol: 5 mg;
Sodium: 100 mg; Calcium: 20% Daily Value; Protein: 9 g; Carbohydrates: 44 g; Dietary Fiber: 4 g

BLUEBERRY SMOOTHIE

Makes 2 servings
Prep time: 5 minutes
Cook time: no cooking required

- Ingredients:**
2 cups fat free milk
1 cup frozen blueberries
1 Tablespoon sugar

Directions:
1) Combine all ingredients in a blender and blend until smooth.

**Submitted by: Dion Heimink, Andrea Heppher,
Maximilian Lim; Canyon Del Oro High School**
Nutrition Facts per serving: Calories: 140; Total Fat: .5 g; Saturated Fat: 0 g; Cholesterol: 5 mg;
Sodium: 130 mg; Calcium: 25% Daily Value; Protein: 10 g; Carbohydrates: 26 g; Dietary Fiber: 2 g

EASY TROPICAL
BREAKFAST SMOOTHIE

Makes 2 servings
Prep time: 5 minutes
Cook time: no cooking required

- Ingredients:**
1 cup nonfat yogurt
2 cups 1% low fat or 2% reduced fat milk
½ mango, diced
1 banana, diced
2 teaspoons almonds (sliced or crushed)
1 Tablespoon honey
½ cup ice

Directions:
1) Combine yogurt and milk in blender.
2) Add mango and banana. Blend.
3) Add almonds, honey and then ice.
4) Blend until desired consistency.

Submitted by: Shama Hanif
Nutrition Facts per serving: Calories: 350; Total Fat: 8 g; Saturated Fat: 4.5 g; Trans Fat: 0 g;
Cholesterol: 35 mg; Sodium: 230 mg; Calcium: 70% Daily Value; Protein: 17 g;
Carbohydrates: 53 g; Dietary Fiber: 2 g

FROZEN EGGNOG

Makes 1 serving
Prep time: 5 minutes
Cook time: no cooking required

Ingredients:
1 cup fat free or 1% low fat milk
1 banana, peeled and frozen
¼ teaspoon nutmeg
¼ teaspoon cinnamon
1 teaspoon vanilla extract
Pinch of sugar (optional)

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Stacy Merrill
Nutrition Facts per serving: Calories: 210; Total Fat: .5 g; Saturated Fat: 0 g; Cholesterol: 5 mg;
39 Sodium: 125 mg; Calcium: 50% Daily Value; Protein: 9 g; Carbohydrates: 43 g; Dietary Fiber: 3 g

FROZEN FRUIT SMOOTHIES

Makes 2 servings
Prep time: 6 minutes
Cook time: no cooking required

Ingredients:
1 cup fat free or 1% low fat milk
1 cup low fat or fat free fruit flavored yogurt
1 cup chopped fresh or frozen fruit (such as strawberries, blueberries, raspberries, peaches)
Ice, as desired

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Elyse May
Nutrition Facts per serving: Calories: 160; Total Fat: 2 g; Saturated Fat: 1 g; Cholesterol: 10 mg;
Sodium: 115 mg; Calcium: 30% Daily Value; Protein: 9 g; Carbohydrates: 28 g; Dietary Fiber: 2 g

STRAWBERRY BANANA SMOOTHIE

Makes 2 servings
Prep time: 5 minutes
Cook time: no cooking required

Ingredients:
1½ cups fat free milk
1½ cups banana slices, frozen
1 cup frozen strawberries
Dash of cinnamon or nutmeg

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Melissa McCabe
Nutrition Facts per serving: Calories: 190; Total Fat: 0 g; Saturated Fat: 0 g; Cholesterol: 0 mg;
Sodium: 100 mg; Calcium: 20% Daily Value; Protein: 9 g; Carbohydrates: 42 g; Dietary Fiber: 5 g

STRAWBERRY BANANA SMOOTHIE #2

Makes 2 servings
Prep time: 5 minutes
Cook time: no cooking required

Ingredients:
1 cup orange juice
1½ bananas
1½ cups frozen strawberries
1 cup 1% low fat milk
1½ Tablespoons honey
½ cup ice cubes

Directions:
1) Combine all ingredients in a blender and blend until smooth.

Submitted by: Brittany Axtell and Jade Berryman, Payson High School
Nutrition Facts per serving: Calories: 270; Total Fat: 2 g; Saturated Fat: 1 g; Cholesterol: 8 mg;
Sodium: 65 mg; Calcium: 20% Daily Value; Protein: 8 g; Carbohydrates: 60 g; Dietary Fiber: 5 g

FRUIT SMOOTHIE

Makes: 2 servings

Prep time: 5 minutes

Cook time: no cooking required

Ingredients:

1 cup 1% low fat milk

½ cup orange juice

1 teaspoon honey

½ cup fresh fruit with a handful of ice or ½ cup frozen fruit

Directions:

1) Combine all ingredients in a blender and blend until smooth.

GOING BANANAS

Makes: 1 serving

Prep time: 5 minutes plus freezing time

Cook time: no cooking required

Ingredients:

3 bananas

2 Tablespoons fat free or 1% low fat milk

Directions:

1) Peel and cut bananas into small chunks.

2) Freeze for a few hours.

3) Blend banana chunks and milk until creamy.

**Submitted by: Paige Peiffer, Eric Silva, Alex Weekley;
Canyon Del Oro High School**

Nutrition Facts per serving: Calories: 190; Total Fat: 0 g; Saturated Fat: 0 g; Cholesterol: 5 mg;
Sodium: 130 mg; Calcium: 25% Daily Value; Protein: 11 g; Carbohydrates: 37 g; Dietary Fiber: 2 g

Submitted by: Domini Caldwell

Nutrition Facts per serving: Calories: 330; Total Fat: 1 g; Saturated Fat: 0 g; Cholesterol: 0 mg;
Sodium: 20 mg; Calcium: 4% Daily Value; Protein: 5 g; Carbohydrates: 82 g; Dietary Fiber: 9 g

HEALTHY DESSERTS



BANANA PUDDING

Makes 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

Ingredients:

2 cups fat free milk
2 eggs
⅓ cup flour
½ cup sugar
½ teaspoon vanilla extract
2 bananas
Pinch of salt (optional)

Directions:

- 1) Scald the milk (150°).
- 2) Beat the eggs.
- 3) Add flour and sugar to eggs.
- 4) Whisk the milk into the egg mixture.
- 5) Microwave on medium-high heat until mixture boils and thickens, whisking every 2 minutes.
- 6) Mix in vanilla extract.
- 7) Pour into 4 serving dishes and place sliced banana on top.

Submitted by: Virginia Nikolai

Nutrition Facts per serving: Calories: 210; Total Fat: 2.5 g; Saturated Fat: 1 g; Cholesterol: 110 mg;

43 Sodium: 100 mg; Calcium: 15% Daily Value; Protein: 9 g; Carbohydrates: 40 g; Dietary Fiber: 2 g

CHOCOLATY FRUIT AND GRANOLA PARFAIT

Makes 1 serving

Prep time: 5 minutes

Cook time: no cooking required

Ingredients:

½ cup nonfat vanilla yogurt
1 cup strawberries
½ cup blueberries
¼ cup granola
2 teaspoons walnuts, crushed
1 ounce dark chocolate

Directions:

- 1) Pour just enough yogurt to cover the bottom of a parfait glass.
- 2) Layer half of the strawberries, blueberries, granola and walnuts.
- 3) Pour another layer of yogurt.
- 4) Repeat step 2 and 3.
- 5) Take a grater and shred 1 ounce of dark chocolate on the top.

Submitted by: Shama Hanif

Nutrition Facts per serving: Calories: 470; Total Fat: 17 g; Saturated Fat: 7 g; Cholesterol: 10 mg;

Sodium: 85 mg; Calcium: 20% Daily Value; Protein: 10 g; Carbohydrates: 74 g; Dietary Fiber: 10 g

BLUEBERRY PEACH ALMOND CRISP

Makes 4 servings

Prep time: 20 minutes

Cook time: 15 minutes

Ingredients:

Almond Topping:
⅓ cup all-purpose flour
¼ cup packed brown sugar
¼ teaspoon salt
2 Tablespoons chilled butter, cut into chunks
⅓ cup oats
3 Tablespoons sliced almonds

Blueberry Peach Filling:
2 cups ripe peaches, chopped
2 cups fresh blueberries
2 Tablespoons cornstarch
2 Tablespoons packed brown sugar
¼ cup orange juice
1 teaspoon ground ginger

Directions:

- 1) Preheat oven to 350°.
- 2) To prepare topping put the flour, brown sugar and salt into a medium bowl and stir with a fork.
- 3) Add chilled butter and press into the mixture with the back of the fork until mixture is coarse.
- 4) Stir in oats and almonds. Set aside.
- 5) To prepare filling combine blueberries and peaches with the other filling ingredients.
- 6) Spoon into 4 ramekins or custard cups sprayed with cooking spray. Sprinkle topping over blueberry peach filling.
- 7) Bake for 15 minutes. Serve warm.

Submitted by: Elyse May, Desert Vista High School

Nutrition Facts per serving: Calories: 350; Total Fat: 9 g; Saturated Fat: 15 mg; Sodium: 250 mg; Calcium: 4% Daily Value; Protein: 4 g; Carbohydrates: 67 g; Dietary Fiber: 4 g

EASY BAKED BANANAS

Makes 4 servings
Prep time: 20 minutes
Cook time: 15 minutes

- Ingredients:**
- 1 medium orange
 - 4 large bananas, peeled
 - ½ cup brown sugar
 - 2 cups frozen nonfat vanilla yogurt

- Directions:**
- 1) Preheat oven to 350°.
 - 2) Spray baking dish with cooking spray or rub with softened butter.
 - 3) Grate orange and reserve 1 Tablespoon orange peel.
 - 4) Cut orange in half and juice, reserving ¼ to ⅓ cup juice.
 - 5) Arrange bananas (whole) in baking dish.
 - 6) Sprinkle with 3 Tablespoons brown sugar.
 - 7) Bake 8-10 minutes.
 - 8) Combine orange juice, peel and rest of brown sugar in small cup and stir until sugar is dissolved.
 - 9) Pour over bananas and bake 12-15 minutes.
 - 10) Slice bananas and stir to blend with sauce.
 - 11) Place frozen yogurt in small bowl and top with banana sauce and serve.

Submitted by: Barbara Brandon
Nutrition Facts per serving: Calories: 390; Total Fat: 5 g; Saturated Fat: 2.5 g; Cholesterol: 65 mg;
45 Sodium: 60 mg; Calcium: 30% Daily Value; Protein: 11 g; Carbohydrates: 80 g; Dietary Fiber: 4 g

GOLDEN EGG CUSTARD

Makes 4 servings
Prep time: 10 minutes
Cook time: 30 minutes

- Ingredients:**
- 2 cups 1% low fat or 2% reduced fat milk
 - 1 teaspoon vanilla extract
 - 4 eggs
 - 1 cup Splenda or sugar substitute
 - ¼ cup golden raisins
 - ¼ cup sliced almonds

- Directions:**
- 1) Beat milk, vanilla extract, eggs and Splenda together.
 - 2) Mix in golden raisins and almonds, stirring gently.
 - 3) Place in baking dish.
 - 4) Bake for 25 minutes at 350° or until set.
 - 5) Broil for 5 minutes until top is golden.
 - 6) Let rest for 10 minutes before serving.

Submitted by: Shama Hanif
Nutrition Facts per serving: Calories: 210; Total Fat: 10 g; Saturated Fat: 3 g; Cholesterol: 230 g;
Sodium: 140 mg; Calcium: 30% Daily Value; Protein: 12 g; Carbohydrates: 17 g; Dietary Fiber: 1 g

PUMPKIN PIE CUSTARD

Makes 4 servings
Prep time: 10 minutes
Cook time: 58 minutes

- Ingredients:**
- 3 eggs
 - ¼ cup sugar
 - ¼ cup brown sugar
 - 1½ Tablespoons flour
 - ½ teaspoon salt
 - 2 teaspoons pumpkin pie spice
 - 1 can (16 ounces) mashed cooked pumpkin
 - 1 cup fat free milk

- Directions:**
- 1) Beat all ingredients together until smooth.
 - 2) Pour in microwavable dish (9-inch glass pan works well).
 - 3) Microwave on medium-low for 30 minutes.
 - 4) Then microwave on defrost for 28 minutes or until knife comes out clean.

Submitted by: Andrea Nikolai
Nutrition Facts per serving: Calories: 190; Total Fat: 3.5 g; Saturated Fat: 1 g; Cholesterol: 160 mg;
Sodium: 380 mg; Calcium: 10% Daily Value; Protein: 8 g; Carbohydrates: 35 g; Dietary Fiber: 1 g

CORNFLAKE BARS

Makes 15 servings
Prep time: 10 minutes
Cook time: 20 minutes

- Ingredients:**
- 3 Tablespoons butter (unsalted)
 - 4 cups miniature marshmallows
 - 6 cups cornflakes
 - 1 cup peanut butter
 - ½ cup chocolate chips

- Directions:**
- 1) Coat 13x9 pan with cooking spray.
 - 2) In large sauce pan melt butter evenly over low heat.
 - 3) Add marshmallows and stir until completely melted.
 - 4) Remove from heat.
 - 5) Add cornflakes cereal. Stir until well coated.
 - 6) Using buttered spatula or wax paper evenly press mixture into 13x9 pan coated with cooking spray.
 - 7) Let cool.
 - 8) Spread peanut butter on the bars and sprinkle chocolate chips on top.

Submitted by: Rebecca Robbins,
Red Mountain High School
Nutrition Facts per serving: Calories: 240; Total Fat: 13 g; Saturated Fat: 3.5 g; Cholesterol: 5 mg;
Sodium: 140 mg; Calcium: 30% Daily Value; Protein: 5 g; Carbohydrates: 26 g; Dietary Fiber: 1 g

LAYERED PUDDING

Makes 4 servings
Prep time: 15 minutes
Cook time: no cooking required

- Ingredients:**
1 package instant vanilla pudding
2 cups fat free milk
½ cup crushed graham crackers or shredded wheat cereal
2 bananas, sliced
1 cup blueberries, fresh or frozen
1 small can mandarin oranges, drained

- Directions:**
1) Prepare vanilla pudding as directed on package using 2 cups milk.
2) Layer as follows:
1) In 4 individual serving bowls, place 2 Tablespoons graham crackers, then ¼ of a banana and 2 Tablespoons blueberries.
2) Place ¼ cup pudding on top of the fruit.
3) Divide the can of mandarin oranges evenly between all 4 bowls.
4) Add ¼ banana to each bowl, sprinkle with graham cracker crumbs.
5) Divide the remaining pudding among the 4 bowls and top with remaining blueberries.

Alternative: This can also be done as one large bowl of layered pudding by using half the ingredients in the first layer and repeating with the remaining half of ingredients.

Submitted by: Andrea Nikolai
Nutrition Facts per serving: Calories: 400; Total Fat: 6 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 320 mg; Calcium: 20% Daily Value; Protein: 12 g; Carbohydrates: 80 g; Dietary Fiber: 9 g

PUMPKIN MOUSSE

Makes 2 servings
Prep time: 5 minutes
Cook time: 60 minutes

- Ingredients:**
2 small packages sugar free vanilla pudding
2 cups fat free milk
1 cup canned pumpkin
½ teaspoon pumpkin pie spice
1 cup fat free whipped cream

- Directions:**
1) Beat pudding, milk, pumpkin and spice with a whisk.
2) Fold in whipped cream.
3) Refrigerate 1 hour.

Submitted by: Krystin Bankson and Chelsea Iverson, Payson High School
Nutrition Facts per serving: Calories: 255; Total Fat: 1 g; Saturated Fat: 0 g; Cholesterol: 5 mg; Sodium: 480 mg; Calcium: 30% Daily Value; Protein: 11 g; Carbohydrates: 50 g; Dietary Fiber: 7 g

STOVETOP BANANA BROWN RICE PUDDING

Makes 4 servings
Prep time: 5 minutes
Cook time: 1 hour

- Ingredients:**
4 cups fat free milk
1 cup brown rice
½ cup raisins
½ cup banana, sliced
1 teaspoon cinnamon

- Directions:**
1) Bring milk to a slow boil.
2) Add rice and boil for 2 minutes on medium-high heat, stirring constantly.
3) Cook rice on medium-low heat 45 minutes or until desired consistency is met.
4) In the last 15 minutes of cooking add raisins and banana slices.
5) Add cinnamon.
6) Stir until all ingredients are combined.

Submitted by: Melissa McCabe
Nutrition Facts per serving: Calories: 230; Total Fat: .5 g; Saturated Fat: 0 g; Cholesterol: 5 mg; Sodium: 140 mg; Calcium: 25% Daily Value; Protein: 11 g; Carbohydrates: 44 g ; Dietary Fiber: 3 g

